SEPTEMBER, 2021

ASH BURN TIMES

What's New?



Where Did the Summer Go?

It is hard to believe the summer is over, kids are back in school and cooler weather is on the horizon! This month we continue to offer a variety of activities at the Ashburn Senior Center like line dancing and creative corner. In addition, we have included presentations on Coping with Hearing Loss, Fall Prevention and the Difference Between Medicare Advantage and Original Medicare. Of course, September would not be complete without Labor Day and Grandparents' Day celebrations! Please check the calendar for details and plan to join us for some learning and some fun!





Loudoun County Transit

The Ashburn Senior Center has been added as a stop on the Loudoun County Transit **Route**62! Buses will arrive at the Center starting at approximately 7:13 am, 8:13 am, 9:13 am, and continually every hour with the last trip at 6:13 pm. That is a total of 12 trips every weekday. We look forward to continuing to serve our community and encouraging access for everyone.

National Day of Giving

We welcome a group of students from
Brambleton Middle School on Friday,
September 10th from 9:30 to 11:30 a.m.
The kids will participate in activities like
arts and crafts, games and gardening around
the Ashburn Senior Center. We will also be
celebrating Grandparents' Day on
September 10th. Bring in the grandkids for
an ice cream social on our back patio!





For Home-Delivered Meals

*Must be eligible to receive Home Delivered Meals

for more information, call **Debra Mobley at 703-771-5012**

Ashburn Senior Center Lunch &

Transportation Service

Please call or sign-up at the front desk 24

hours in advance for lunch and bus reservations. 571.367.8340

Under 60 years old must pay \$4.00 for their lunch.

Persons 60 years and older, we
encourage you to make a donation in the lunchbox
on the counter.



newsletter

WEDNESDAY

THURSDAY

FRIDAY

ROOM KEY

- Lobby-LOB
- Dance Studio- DAN
- Wellness Room-WELL
- Computer Lab- COMP
- Game Room- GAM
- Art Classroom 115- ART115
- Art Classroom 116- ART116
- Club Room- CLUB
- Multipurpose 1- MULTI1
- Multipurpose 2- MULTI2
- Multipurpose 3- MULTI3

Saturday Schedule

Starting Saturday, September 11th.
Hours: 8 AM- 12 PM
NO transportation or lunch is available.

8-11:30 AM Games (CLUB)





8-10:30 AM Open Billiards (GAM)

10:30-11:30 AM Billiards Club (GAM)

8-10 AM

Beginner Pickleball Open Court

(Multi1&2)

8-11:30 AM

Pickleball Open Court

(Multi3)

8-11:30 AM

Fitness & Computer Rooms Open

9/1

9-12 PM Beginner Pickleball (Multi3)

> 9-11 AM Ping Pong (Multi2)

10-11:30 AM Canasta & Mexican Train (Multi1)

> 10-11 AM Tech Time (COMP)

10-12 PM Knitting & Crocheting Club (ART115)

> 11 AM Tai Chi (DAN)

12 PM LUNCH (Multi1&2)

12-4:30 PM Pickleball Open Court (Multi3)

12:30 PM Matinee Movie: Hang 'em High (CLUB)

> 1 PM Sit & Fit (DAN)

9/2

9 AM Walking Club (LOB)

9-1:30 PM Pickleball Open Court (Multi3)

10 AM Conversational Spanish (ART116)

10 AM
Out on the Town:
Trader Joe's
(LOB)

11 AM Chinese Folk Dance (DAN)

11 AM Gardening Club (ART115)

11:30-12:30 PM Browsing Library (LOB)

12 PM LUNCH (Multi1&2)

1 PM Music in Motion (DAN)

1:30-4:30 PM Party Bridge (Multi2)

1:30-2:30PM Pickleball Instruction (Multi3)

2:30-4:30 PM Beginner Pickleball (Multi3) 9/3

9-11 AM Beginner Pickleball (Multi3)

10 AM
Current Events
Discussion
(ART116)

10-11 AM Beginner Chess (CLUB)

10 AM Intermediate Line Dance (DAN)

11-4:30 PM Pickleball Open Court (Multi3)

11:30-1:30 PM
Labor Day Beach Jam
Wear Your College
Colors Day
(Multi1&2)

12 PM LUNCH (Multi1&2)

1 PM Strength, Core & Balance (DAN)

1:30-4:30 PM O'Heck (ART115)

2-4:30 PM

Pickleball Open Court

(Multi1,2)

MONDAY

TUESDAY

WEDNESDAY

9/8

THURSDAY

FRIDAY

9/6

Ashburn

Senior

Center

Closed

for

9/7

9-12 PM Beginner Pickleball (Multi3)

> 9-11 AM Ping Pong (Multi2)

10-11:30 AM Canasta & Mexican Train (Multi1)

> 10-11 AM **Tech Time** (COMP)

10-12 PM **Knitting & Crocheting** Club (ART115)

> 11 AM Tai Chi (DAN)

11-12 PM Signs & Coping Skills Related to Hearing Loss & Assistive Tech (Multi1&2)

> 12 PM LUNCH (Multi1&2)

12-4:30 PM **Pickleball Open Court** (Multi3)

> 1 PM Sit & Fit (DAN)

(Multi2)

1:30-4:30 PM Poker

9/9

9 AM Walking Club (LOB)

9-1:30 PM **Pickleball Open Court** (Multi3)

10 AM Conversational Spanish (ART116)

10 AM **Out on the Town: Patel Brothers** (LOB)

11 AM Chinese Folk Dance (DAN)

> 12 PM LUNCH (Multi1&2)

1 PM Music in Motion (DAN)

1:30-4:30 PM Party Bridge (Multi2)

1:30-2:30 PM Pickleball Instruction (Multi3)

2:30-4:30 PM Beginner Pickleball (Multi3)

9/10

9-11 AM Beginner Pickleball (Multi3)

9-11 AM **Gardening Club** (ART115)

10 AM **Current Events Discussion** (ART116)

> 10-11 AM **Beginner Chess** (CLUB)

10 AM **Creative Corner:** Wine Down Fall Decor (ART115)

10 AM Intermediate Line Dance (DAN)

11-4:30 PM Pickleball Open Court (Multi3)

> 12 PM LUNCH (Multi1&2)

1 PM Grandparents' Day Ice Cream Social (Multi1&2)

1 PM Strength, Core & Balance (DAN)

> 1:30-4:30 PM O'Heck (ART115)

2-4:30 PM Pickleball Open Court (Multi1,2)

Welcome Brambleton Middle School!



10 AM Music in Motion (DAN)

10-12 PM Intro to Sewing (ART115)

10:30-11:30 AM Virtual Yoga (Multi3)

> 11 AM Tai Chi (DAN)

11 AM **Book Club** (ART116)

12 PM LUNCH (Multi1&2)

> 12-2 PM **Badminton** (Multi3)

1 PM Life of Grandma Moses (ART116)

> 1:30-4:30 PM **Mahjong** (Multi2)

2 PM **Creative Corner:** Wine Down Fall Decor (ART115)

2-4:30 PM Beginner Pickleball (Multi3)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

9/13

9-11 AM Ping Pong (Multi2)

10-11 AM Bingo! \$.50/card (Multi1)

10-12 PM Knitting & Crocheting Club (ART115)

> 10-11 AM Tech 101 (COMP)

10:30-11:30 AM Virtual Yoga (Multi3)

11 AM Stretch, Core & Balance (DAN)

12 PM LUNCH (Multi1&2)

12-4:30 PM Pickleball Open Court (Multi3)

12-1 PM Intro Line Dancing (DAN)

1-2 PM
Ukulele Instruction
(ART116)

1:30-2:45 PM Beginner Line Dance (Multi1&2)

Line Dancing Week Begins

9/14

10 AM
Music in Motion
(DAN)

10-12 PM Intro to Sewing (ART115)

10:30-11:30 AM Virtual Yoga (Multi3)

> 11 AM Tai Chi (DAN)

11 AM Book Club (ART116)

12 PM LUNCH (Multi1&2)

12-2 PM Beachball Volleyball (Multi3)

> 1:30-4:30 PM Mahjong (Multi2)

2-4:30 PM

Beginner Pickleball
(Multi3)

TOOTSIE DAY!



9/15

9-12 PM Beginner Pickleball (Multi3)

> 9-11 AM Ping Pong (Multi2)

10-11:30 AM Canasta & Mexican Train (Multi1)

> 10-11 AM Tech Time (COMP)

10-12 PM Knitting & Crocheting Club (ART115)

> 11 AM Tai Chi (DAN)

12 PM LUNCH (Multi1&2)

12-4:30 PM Pickleball Open Court (Multi3)

12:30 PM
Matinee Movie:
Moonstruck
(CLUB)

1 PM Sit & Fit (DAN)

1 PM Hispanic Americans in History (ART116)

National Hispanic Heritage Month Begins

9/16

9 AM Walking Club (LOB)

9-1:30 PM Pickleball Open Court (Multi3)

10 AM Conversational Spanish Who Am I? Trivia (ART116)

10 AM Out on the Town: Compass Walmart (LOB)

11 AM Chinese Folk Dance (DAN)

11 AM Gardening Club (ART115)

12 PM LUNCH (Multi1&2)

1 PM Music in Motion Mexican Hat Dance (DAN)

> 1:30-4:30 PM Party Bridge (Multi2)

1:30-4:30 PM Beginner Pickleball (Multi3)

Mexican Independence
Day

9/17

9-11 AM Beginner Pickleball (Multi3)

10 AM
Current Events
Discussion
(ART116)

10 AM Beginner Chess (CLUB)

10 AM Intermediate Line Dance (DAN)

> 10:30 AM Lunch Bunch: Olive Garden (LOB)

11-4:30 PM Pickleball Open Court (Multi3)

12 PM LUNCH (Multi1&2)

1 PM Strength, Core & Balance (DAN)

1:30-4:30 PM O'Heck (ART115)

1:30-4:30 PM Pickleball Open Court (Multi1,2)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

9/20

9-12 PM Sign-Up with Lori Stahl (WELL)

> 9-11 AM Ping Pong (Multi2)

10-12 PM Knitting & Crocheting Club (ART115)

> 10-11 AM Tech 101 (COMP)

10:30-11:30 AM Virtual Yoga (Multi3)

11 AM
Stretch, Core & Balance
(DAN)

12 PM LUNCH (Multi1&2)

12-4:30 PM Pickleball Open Court (Multi3)

12-1 PM Intro Line Dancing (DAN)

12:30-1:45 PM BINGO! \$.50/card (ART115)

1-2 PM Ukulele Instruction (ART116)

1:30-2:45 PM Beginner Line Dance (Multi1&2)

Fall Prevention Week

9/21

10 AM Music in Motion (DAN)

10-12 PM Intro to Sewing (ART115)

10-12 PM INOVA Blood Pressure Checks (WELL)

10:30-11:30 AM Virtual Yoga (Multi3)

> 11 AM Tai Chi (DAN)

11 AM Book Club (ART116)

12 PM LUNCH (Multi1&2)

12-2 PM
Badminton
(Multi3)

1:30-4:30 PM Mahjong (Multi2)

2 PM Creative Corner: Pumpkin Decoupage (ART115)

2-4:30 PM

Beginner Pickleball
(Multi3)

World Alzheimer's Day

9/22

9-12 PM

Beginner Pickleball

(Multi3)

9-11 AM Ping Pong (Multi2)

10-11:30 AM
Canasta & Mexican
Train
(Multi1)

10-11 AM Tech Time (COMP)

10-12 PM Knitting & Crocheting Club (ART115)

> 11 AM Tai Chi (DAN)

12 PM LUNCH (Multi1&2)

12:30-1:30 PM Lunch & Learn: Fall Prevention & Safety for Seniors (Multi1&2)

> 12-4:30 PM Pickleball Open Court (Multi3)

> > 1 PM Sit & Fit (DAN)

1:30-4:30 PM Poker (Multi2)

9/23

9 AM Walking Club (LOB)

9-1:30 PM Pickleball Open Court (Multi3)

10 AM Conversational Spanish (ART116)

10 AM Out on the Town: Dulles Town Center Mall (LOB)

11 AM Chinese Folk Dance (DAN)

11 AM Gardening Club (ART115)

12 PM LUNCH (Multi1&2)

1 PM Music in Motion (DAN)

1:30-4:30 PM Party Bridge (Multi2)

1:30-2:30 PM Pickleball Instruction (Multi3)

2:30-4:30 PM Beginner Pickleball (Multi3)



9/24

9-11 AM Beginner Pickleball (Multi3)

10 AM
Current Events Discussion
(ART116)

10-11 AM Beginner Chess (CLUB)

10 AM
Creative Corner:
Pumpkin Decoupage
(ART115)

10 AM Intermediate Line Dance (DAN)

11-4:30 PM Pickleball Open Court (Multi3)

> 12 PM LUNCH (Multi1&2)

12:30 PM
Monthly Birthday
Bash
(Multi1&2)

1 PM
Strength, Core & Balance
(DAN)

1:30-4:30 PM O'Heck (ART115)

2-4:30 PM Pickleball Open Court (Multi1,2)

Fall Foliage Day

MONDAY

TUESDAY

WEDNESDAY

THURSDAY - PICKLEBALL

SCHEDULE

9/27

9-11 AM Ping Pong (Multi2)

10-11 AM BINGO! \$.50/card (Multi1)

10-12 PM **Knitting & Crocheting** Club (ART115)

> 10-11 AM Tech 101 (COMP)

10:30-11:30 AM Virtual Yoga (Multi3)

11 AM Stretch, Core & Balance (DAN)

12 PM LUNCH (Multi1&2)

12-4:30 PM Pickleball Open Court (Multi3)

12-1 PM Intro Line Dancing (DAN)

1-2 PM Ukulele Instruction (ART116)

1:30-2:45 PM Beginner Line Dance (Multi1&2)

9/28

10 AM Music in Motion (DAN)

10-12 PM Intro to Sewing (ART115)

10-11 AM **Memoir Writing** (CONF RM)

10:30-11:30 AM Virtual Yoga (Multi3)

> 11 AM Tai Chi (DAN)

11 AM **Book Club** (ART116)

12 PM LUNCH (Multi1&2)

12-2 PM **Balloon Tennis** (Multi3)

12:30-2 PM Paint & Sip: **Painted Rocks** Sign-up @ Desk (ART116)

1:30-4:30 PM Mahjong (Multi2)

2-4:30 PM Beginner Pickleball (Multi3)

Do You Yoga? Day

9/29

9-12 PM Beginner Pickleball (Multi3)

> 9-11 AM Ping Pong (Multi2)

10-11:30 AM Canasta & Mexican Train (Multi1)

> 10-11 AM **Tech Time** (COMP)

10-12 PM **Knitting & Crocheting** Club (ART115)

> 11 AM Tai Chi (DAN)

12 PM LUNCH (Multi1&2)

12:30-1:30 PM Lunch & Learn: **Difference Between** Medicare Advantage & **Original Medicare** (Multi1&2)

> 12-4:30 PM Pickleball **Open Court** (Multi3)

1 PM Sit & Fit (DAN)

1:30-4:30 PM Poker (Multi2)

9/30

9 AM Walking Club (LOB)

9-1:30 PM Pickleball **Open Court** (Multi3)

10 AM Conversational Spanish (ART116)

10 AM Out on the Town: **Target** (LOB)

11 AM Chinese Folk Dance (DAN)

11 AM **Gardening Club** (ART115)

12 PM LUNCH (Multi1&2)

1 PM Music in Motion (DAN)

1:30-4:30 PM Party Bridge (Multi2)

1:30-2:30 PM Pickleball Instruction (Multi3)

2:30-4:30 PM Beginner Pickleball (Multi3)

Monday

12-4:30 PM Open Court (Multi3)

Tuesday

2-4:30 PM Beginner Open Court (Multi3)

Wednesday

9-12 PM Beginner Open Court (Multi3)

> 12-4:30 PM **Open Court** (Multi3)

Thursday

9-1:30 PM Open Court (Multi3)

1:30-2:30 PM Pickleball Instruction (Multi3)

2:30-4:30 PM Beginner Open Court (Multi3)

Friday

9-11 AM Beginner Open Court (Multi3)

> 11-4:30 PM **Open Court** (Multi3)

2-4:30 PM Open Court (Multi1&2)

September 2021 Senior Center Menu

Reservation		Milk	Milk		Milk
MONDAY TUESDAY WEDNESDAY THURSDAY Required MENU Subject to Required 1 Hot Dogs 2 Swedish Meatballs PLEASE reserve your unch at least 24 hours fore the day you would like to attend Due to the availability of Change Tossed Salad Fruit Mixed Peans Fried Chicken Fruit Mixed Pegtables COUNTY HOLIDAY 7 Broccoli Quiche Glazed Apples Pork Chop Fruit 9 Oven Fried Chicken Fruit Chill Brice Apples Spiced Applesauce Oriental Vegetables Brice Chill Baked Potato Spiced Applesauce Oriental Vegetables Bread Fruit Fruit Fruit Chill Fruit Fruit Fruit Fruit Baked Potato Spaghetti/Meat Sauce Oriental Vegetables Bread Fruit Fruit Fruit Fruit Fruit Fruit Fruit Fruit Baked Potato Garden Salad Parsiled Potatoes Bread Collard Greens Oven Roasted Potato Mashed Potatoes Bread Fruit Mashed		Fruit	Fruit	Milk	Fruit
MONDAY TUESDAY WEDNESDAY Reservation Required Change Change Tosed Salad Fruit Frui		Bread	Bread	Fruit	Bread
Reservation Required Change Due to the availability of like to attend Fruit	DONATIONS!	Broccoli Florets	Green Beans	Corn	Mixed Vegetable
Reservation Required Change Due to the availability of like to attend Fruit	YOUR GENEROUS	Corn	Roasted Potato	Colesiaw	Macaroni/Cheese
Reservation Required Change Due to the availability of like to attend Fruit	THANK YOU FOR	Stuffed Cabbage	Escalloped Chicken	BBQ Pork on Bun	Salisbury Steak
Reservation Required Change Baked Beans Fruit Frui		30	29	28	27
MONDAY TUESDAY WEDNESDAY THURSDAY Reservation Required CLEASE reserve your Unch at least 24 hours fore the day you would like to attend MENU Subject to Change 1 Baked Beans Fruit 2 Swedish Meatballs Rice COUNTY HOLIDAY 7 Broccoli Quiche Glazed Apples 8 Fettuccini Alfredo Summer Squash Fettuccini Alfredo Summer Squash 9 Pork Chop Fettuccini Alfredo Summer Squash Oven Fried Chicken Yellow Rice Chili Rice Rice Fruit 15 Baked Potato Bead Fruit Fruit Milk Milk Combread Bread Coleslaw Fruit 5 paghetti/Meat Sauce Bread Fruit 16 Bread Parslied Potatoes Bread Parslied Potatoes Combread Bread Garden Salad Combread Fruit 22 Cheeseburgers Oven Rrice 23 Sliced Turkey /Stuffing Mashed Potatoes Sliced Turkey /Stuffing Slicen Peas Bread Green Peas Combread Fruit Fruit Fruit		Milk	Milk	Milk	Milk
Reservation Required Change Due to the availability of like to attend Pruit Fruit	Milk	Fruit	Fruit	Fruit Cocktail	Fruit
Reservation Reservation Reservation Reservation Required Change Due to the availability of like to attend Products Pruit P	Fruit	Bread	Bread	Cornbread	Bread
MONDAY TUESDAY WEDNESDAY THURSDAY Reservation Required MENU Subject to Change 1 Baked Beans 2 Swedish Meatballs PLEASE reserve your Inch at least 24 hours For the day you would like to attend Due to the availability of products Baked Beans Fruit Mixed Vegetables Bread COUNTY HOLIDAY Ike to attend Broccoli Quiche Glazed Apples Pork Chop Fruit 9 Pork Chop Oven Fried Chicken Yellow Rice Bread Fruit Bread Fruit Fruit Milk NO LUNCH TODAY Milk Spiced Applesauce Oriental Vegetables Bread Fruit Fruit Milk Milk No Combread Fruit Fruit Milk Milk Combread Fruit Baked Potato Bread Bread Fruit Halian Sausage Bread Bread Bread Combread Fruit Baked Potatoes Bread Bread Parslied Potatoes Bread Coleslaw Combread Fruit Bread Bread Fruit Fruit Bread Bread Bread Bread Bread Bread Bread Bread Bread Bread Bread Bread Bread Bread Bread Bread Bread Bread <b< th=""><td>Tortilla Chips</td><td>Green Peas</td><td>Tossed Salad</td><td>Collard Greens</td><td>Garden Salad</td></b<>	Tortilla Chips	Green Peas	Tossed Salad	Collard Greens	Garden Salad
MONDAY TUESDAY WEDNESDAY THURSDAY Reservation Required MENU Subject to Change 1 Baked Beans 2 Swedish Meatballs PLEASE reserve your Unch at least 24 hours fore the day you would like to attend Due to the availability of products Baked Beans Fruit Mixed Vegetables Bread COUNTY HOLIDAY Broccoil Quiche Glazed Apples Pork Chop Fettuccini Alfredo Oven Fried Chicken Yellow Rice NO LUNCH TODAY Fruit Fruit Fruit Fruit Fruit Fruit Chili Rice Baked Potato Spaghetti/Meat Sauce Bread Oriental Vegetables Bread Combread Fruit Fruit Spaghetti/Meat Sauce Bread Italian Sausage Bread	Macaroni Salad	Mashed Potatoes	Oven Roasted Potato	Red Beans & Rice	Succotash
MONDAY TUESDAY WEDNESDAY THURSDAY 2 Reservation Required MENU Subject to Change 1 Baked Beans 2 Baked Beans 2 Swedish Meatballs 3 ILEASE reserve your unch at least 24 hours fore the day you would like to attend 7 Baked Beans products Tossed Salad Fruit Mixed Vegetables Bread 4 COUNTY HOLIDAY Broccoli Quiche Glazed Apples Summer Squash 8 Spiced Applesauce 9 Fettuccini Alfredo Fruit 9 Yellow Rice 11 NOLUNCH TODAY Milk Spiced Applesauce Summer Squash Oriental Vegetables Fruit Bread Chilli Fish Sandwich Baked Potato Spaghetti/Meat Sauce Garden Salad Htalian Sausage Bread 16 Braised Cabbage Tossed Salad Coleslaw Garden Salad Bread Htalian Sausage Bread 16 Braised Cabbage Tossed Salad Garden Salad Braised Cabbage Parslied Potatoes Tossed Salad Colleslaw Milk Fruit Fruit Milk Milk Milk	Ham & Cheese Sandwic	Sliced Turkey /Stuffing	Cheeseburgers	BBQ Chicken	Lasagna
MONDAY TUESDAY WEDNESDAY THURSDAY	24	23	22		20
MONDAY TUESDAY WEDNESDAY THURSDAY Reservation MENU Subject to Required 1 Hot Dogs 2 Swedish Meatballs 3 LEASE reserve your unch at least 24 hours sfore the day you would like to attend Due to the availability of products Baked Beans Mixed Vegetables Mixed Vegetables Bread Bread Fruit Fruit Fruit Fruit Milk		Milk			Milk
MONDAY TUESDAY WEDNESDAY THURSDAY Reservation MENU Subject to Change 1 Hot Dogs Baked Beans 2 3 LEASE reserve your Inch at least 24 hours fore the day you would like to attend Due to the availability of products Tossed Salad Bread Pruit Mixed Vegetables Bread Bread Bread Bread Bread Chicken Oriental Vegetables Bread Fruit Fruit Fruit Fruit Fruit Bread Bread Coleslaw 9 11 Chili Rice Coleslaw Combread Cormbread Cormbread Coleslaw Fruit Fruit Fruit Fruit Bread Coleslaw Fruit Fruit Fruit Fruit Bread Cabbage Bread Bre	Milk	Fruit	Milk	Milk	Fruit
MONDAY TUESDAY WEDNESDAY THURSDAY Reservation Required LEASE reserve your unch at least 24 hours like to attend MENU Subject to Change 1 Hot Dogs Baked Beans 2 Swedish Meatballs Fruit Fruit 3 Mixed Vegetables Bread Fruit 3 Mixed Vegetables Bread Fruit 4 Fruit Mixed Vegetables Bread Fruit 4 Fruit 4 Milk 4 Milk 9 Milk 4 Milk 4 Milk 4 Milk 9 Milk 4 Milk 4 	Fruit	Bread	Fruit	Fruit	Cornbread
MONDAY TUESDAY WEDNESDAY THURSDAY 3 Reservation Required DLEASE reserve your Ilke to attend MENU Subject to Change 1 Baked Beans Fore the day you would like to attend 2 Brocoli Quiche Glazed Apples Summer Squash Fruit Tossed Salad Bread Fettuccini Alfredo Bread Milk 9 Yellow Rice 11 NO LUNCH TODAY Milk Bread Fruit Bread Fruit Oven Fried Chicken Yellow Rice Yellow Rice Chili Fish Sandwich Baked Potato 15 Spaghetti/Meat Sauce Braised Cabbage 16 Braised Cabbage 1	Pasta Salad	Parslied Potatoes	Bread	Colesiaw	Tossed Salad
MONDAY TUESDAY WEDNESDAY THURSDAY Reservation Required Change MENU Subject to Change 1 Hot Dogs Baked Beans Frossed Salad Bread 2 Swedish Meatballs Rice 3 ILEASE reserve your Inch at least 24 hours spore the day you would like to attend 7 Brossed Salad Mixed Vegetables Fruit Mixed Vegetables Bread Bread Fruit Hot Dogs Bread Mixed Vegetables Bread Mixed Vegetables Bread Bread Yellow Rice 11 COUNTY HOLIDAY ROUNTY HOLIDAY Broccoli Quiche Glazed Apples Summer Squash Bread Fruit Pork Chop Fettuccini Alfredo Spiced Applesauce Spiced Applesauce Spiced Applesauce Spiced Applesauce Oriental Vegetables Bread Fruit Fruit Fruit 11 Hot Dogs Mixed Vegetables Pork Chop Yellow Rice Oriental Vegetables Bread Fruit Fruit Milk 15 Halian Sausage 14 Halian Sausage	Tortilla Chip	Braised Cabbage	Garden Salad	Baked Potato	Rice
MONDAY TUESDAY WEDNESDAY THURSDAY Reservation Required DLEASE reserve your JEASE reserve your JIR to attend 1 Hot Dogs Baked Beans Frossed Salad Bread Milk 2 Swedish Meatballs Rice Tossed Salad Bread Bread Milk 2 Swedish Meatballs Mixed Vegetables Bread Mixed Vegetables Bread Fruit 3 Swedish Meatballs Mixed Vegetables Bread Fruit 3 Mixed Vegetables Bread Fruit Fruit 4 Milk 4 M	Chicken Salad on Bun	Italian Sausage	Spaghetti/Meat Sauce	Fish Sandwich	Chili
MONDAY TUESDAY WEDNESDAY THURSDAY Reservation Required PLEASE reserve your lunch at least 24 hours efore the day you would like to attend MENU Subject to Change 1 Hot Dogs Baked Beans 2 Swedish Meathalls Fruit Fruit Fruit Fruit 3 Swedish Meathalls Misked Vegetables Bread Fruit Fruit 3 Mixed Vegetables Mixed Vegetables Mixed Vegetables Mixed Vegetables Mixed Vegetables Mixed Vegetables Mixed Vegetables Mixed Vegetables Mixed Vegetables Pruit Fruit 4 Pork Chop Fettuccini Alfredo Spiced Applesauce Spiced Applesauce Spiced Applesauce Milk 9 Oriental Vegetables Bread Fruit Fruit 10 Pried Chicken Milk NO LUNCH TODAY Milk Milk Milk	17	16	15	14	13
MONDAY TUESDAY WEDNESDAY THURSDAY Reservation Required PLEASE reserve your lunch at least 24 hours efore the day you would like to attend MENU Subject to Change 1 Hot Dogs Baked Beans Tossed Salad Bread 2 Swedish Meatballs Rice 3 COUNTY HOLIDAY 7 Glazed Apples Summer Squash Bread 8 Fettuccini Alfredo Spiced Applesauce Spiced Applesauce Spiced Applesauce Spiced Applesauce Spiced Applesauce Fruit 9 Oven Fried Chicken Yellow Rice Oriental Vegetables Oriental Vegetables 10	Milk	Milk	Milk	Milk	NO LUNCH TODAY
MONDAY TUESDAY WEDNESDAY THURSDAY Reservation MENU Subject to Required 1 Hot Dogs Baked Beans 2 Swedish Meatballs PLEASE reserve your lunch at least 24 hours efore the day you would like to attend Due to the availability of products Baked Beans Tossed Salad Bread Mixed Vegetables Bread Fruit Fruit Milk Bread Fruit Milk Fruit Milk COUNTY HOLIDAY Glazed Apples Summer Squash Bread Spiced Applesauce Spiced Applesauce Bread Oven Fried Chicken Yellow Rice Oriental Vegetables	Fruit	Fruit	Fruit	Fruit	
MONDAY TUESDAY WEDNESDAY THURSDAY 3 Reservation MENU Subject to Required 1 Hot Dogs 2 Swedish Meatballs 3 PLEASE reserve your lunch at least 24 hours efore the day you would like to attend Due to the availability of products Baked Beans Mixed Vegetables Rice Bread Fruit Fruit Fruit Fruit Fruit Milk Milk Milk Milk More Chicken Milk Yellow Rice 10 COUNTY HOLIDAY Broccoli Quiche Glazed Apples Broccoli Quiche Glazed Apples Fettuccini Alfredo Oven Fried Chicken 10 COUNTY HOLIDAY Broccoli Quiche Glazed Apples Spiced Apples Oriental Vegetables 10	Bread	Bread	Bread	Bread	
MONDAYTUESDAYWEDNESDAYTHURSDAYReservation Required PLEASE reserve your lunch at least 24 hours efore the day you would like to attendMENU Subject to Change1 Hot Dogs Baked Beans Tossed Salad Bread2 Swedish Meatballs Rice3 Swedish Meatballs Mixed Vegetables Fruit Fruit Milk3 Mixed Vegetables Bread Fruit MilkCOUNTY HOLIDAY7 Glazed Apples8 Pork Chop Glazed Apples9 Oven Fried Chicken Yellow Rice10	Pickled Beets	Oriental Vegetables	Spiced Applesauce	Summer Squash	門を到りい
MONDAY TUESDAY WEDNESDAY THURSDAY 3 Reservation Required MENU Subject to PLEASE reserve your lunch at least 24 hours efore the day you would like to attend 1 Hot Dogs Baked Beans Swedish Meatballs Rice Rice Efore the day you would like to attend Due to the availability of products Bread Mixed Vegetables Bread Bread Fruit Fruit Fruit Milk Milk Milk Milk Milk 10 COUNTY HOLIDAY Broccoli Quiche Pork Chop Oven Fried Chicken 10	Cheese Cubes	Yellow Rice	Fettuccini Alfredo	Glazed Apples	学などでリン
MONDAYTUESDAYWEDNESDAYTHURSDAYReservation Required PLEASE reserve your lunch at least 24 hours efore the day you would like to attendMENU Subject to Change1 Hot Dogs Baked Beans Tossed Salad Bread2 Swedish Meatballs Rice3Tossed Salad productsMixed Vegetables Fruit MilkMixed Vegetables Fruit Milk	Tuna Macaroni Salad	Oven Fried Chicken	Pork Chop	Broccoli Quiche	COUNTY HOLIDAY
TUESDAY MENU Subject to Change Due to the availability of products Tossed Salad products MENU Subject to Change 1 Hot Dogs Baked Beans Tossed Salad Bread Bread Bread Fruit Milk Milk MEDNESDAY 1 Hot Dogs Swedish Meatballs Rice Mixed Vegetables Bread Fruit Milk	10	9	8	7	6
TUESDAY WEDNESDAY THURSDAY 1 MENU Subject to Change Baked Beans Tossed Salad Due to the availability of products Fruit THURSDAY 2 Swedish Meatballs Rice Rice Mixed Vegetables Bread Bread Fruit	Milk	Milk	Milk		
TUESDAY WEDNESDAY THURSDAY 1 MENU Subject to Change Baked Beans Tossed Salad Due to the availability of Bread WEDNESDAY 1 A	Fruit	Fruit	Fruit	products	like to attend
MENU Subject to Change Tossed Salad MENUSDAY MENUSUBJECT Tossed Salad Mixed Vegetables Thursday Thur	Bread	Bread	Bread	Due to the availability of	before the day you would
TUESDAY WEDNESDAY THURSDAY 3 MENU Subject to Change Baked Beans THURSDAY 3 Swedish Meatballs Rice	Vegetable Blend	Mixed Vegetables	Tossed Salad		lunch at least 24 hours
TUESDAY WEDNESDAY THURSDAY MENU Subject to Hot Dogs Swedish Meatballs	Scalloped Potato	Rice	Baked Beans	Change	PI FASE reserve vour
TUESDAY WEDNESDAY THURSDAY 3	Baked Fish	Swedish Meatballs	Hot Dogs	MENU Subject to	Required
TUESDAY WEDNESDAY THURSDAY	3	2	1		Reservation
	FRIDAY	THURSDAY	WEDNESDAY	TUESDAY	MONDAY

YOUR Staff



Ceola Grant Manager



Aristotla Porras Assistant Manager



Michele Ferris Recreation Programmer



Melissa Flores Café Supervisor



Tatiana Holmes
Customer Service



Lori Stahl
Elder Resources
Case Manager



Justin Baer Vehicle Operator



Vehicle Operator



Senior Center of Ashburn 20880 Marblehead Drive Ashburn, VA 20147 571.367.8340 Area Agency on Aging

www.loudoun.gov/5563/Ashburn-Senior-Center

